



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Statistics Report 35204, Chokecherries, raw, pitted (Northern Plains Indians)

Report Date: July 16, 2017 13:25 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	60.72	3	1.644	58.51	63.94	2.0	53.649	67.797	1	Analytical or derived from analytical	--	05/2007
Energy	kcal	162	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Energy	kJ	677	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Protein ¹	g	3.04	3	0.724	2.31	4.49	2.0	-0.075	6.154	1	Analytical or derived from analytical	--	05/2007
Total lipid (fat) ¹	g	1.69	3	0.225	1.37	2.12	2.0	0.72	2.656	1	Analytical or derived from analytical	--	05/2007
Ash ¹	g	0.93	3	0.165	0.68	1.24	2.0	0.219	1.642	1	Analytical or derived from analytical	--	05/2007
Carbohydrate, by difference	g	33.62	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2007
Fiber, total dietary ¹	g	20.0	3	0.721	19	21.4	2.0	16.897	23.103	1	Analytical or derived from analytical	--	05/2007
Sugars, total ¹	g	9.37	3	0.555	8.35	10.26	2.0	6.984	11.758	1	Analytical or derived from analytical	--	05/2007

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Sucrose 1	g	0.07	3	0.000	0.07	0.07	2.0	0.074	0.074	1	Analytical or derived from analytical	--	05/2007
Glucose (dextrose) 1	g	4.95	3	0.277	4.4	5.3	2.0	3.754	6.138	1	Analytical or derived from analytical	--	05/2007
Fructose 1	g	4.35	3	0.357	3.88	5.05	2.0	2.817	5.886	1	Analytical or derived from analytical	--	05/2007
Lactose 1	g	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2007
Maltose 1	g	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2007
Galactose 1	g	0.00	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2007
Minerals													
Calcium, Ca 1	mg	60	3	6.688	49	72	2.0	30.855	88.411	1	Analytical or derived from analytical	--	05/2007
Iron, Fe 1	mg	0.69	3	0.120	0.49	0.9	2.0	0.168	1.203	1	Analytical or derived from analytical	--	05/2007
Magnesium, Mg 1	mg	27	3	1.114	25	29	2.0	21.74	31.327	1	Analytical or derived from analytical	--	05/2007
Phosphorus, P 1	mg	67	3	6.334	60	79	2.0	39.382	93.885	1	Analytical or derived from analytical	--	05/2007

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Potassium, K 1	mg	379	3	48.347	317	474	2.0	170.646	586.688	1	Analytical or derived from analytical	--	05/2007
Sodium, Na 1	mg	5	3	1.097	4	7	2.0	0.068	9.505	1	Analytical or derived from analytical	--	05/2007
Zinc, Zn 1	mg	0.33	3	0.053	0.22	0.4	2.0	0.1	0.557	1	Analytical or derived from analytical	--	05/2007
Copper, Cu 1	mg	0.186	3	0.048	0.14	0.28	2.0	-0.022	0.393	1	Analytical or derived from analytical	--	05/2007
Manganese, Mn 1	mg	0.417	3	0.033	0.36	0.47	2.0	0.274	0.559	1	Analytical or derived from analytical	--	05/2007
Vitamins													
Vitamin C, total ascorbic acid 1	mg	5.5	2	--	1.6	9.4	1.0	--	--	1	Analytical or derived from analytical	--	05/2007
Thiamin 1	mg	0.034	3	0.002	0.03	0.04	2.0	0.026	0.042	1	Analytical or derived from analytical	--	05/2007
Riboflavin 1	mg	0.173	3	0.037	0.11	0.24	2.0	0.013	0.333	1	Analytical or derived from analytical	--	05/2007
Niacin 1	mg	0.628	3	0.053	0.56	0.73	2.0	0.402	0.854	1	Analytical or derived from analytical	--	05/2007
Pantothenic acid 1	mg	0.398	3	0.036	0.34	0.46	2.0	0.242	0.554	1	Analytical or derived from analytical	--	05/2007

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Vitamin B-6 1	mg	0.198	3	0.022	0.15	0.23	2.0	0.101	0.294	1	Analytical or derived from analytical	--	05/2007
Folate, total 1 a	μg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Folate, food 1	μg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Choline, total 1	mg	10.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Betaine 1	mg	0.4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Vitamin A, RAE	μg	8	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007
Carotene, beta 1	μg	90	3	18.290	55	117	2.0	11.371	168.762	1	Analytical or derived from analytical	--	05/2007
Carotene, alpha 1	μg	2	3	1.090	0	4	2.0	-2.623	6.756	1	Analytical or derived from analytical	--	05/2007
Cryptoxanthin, beta 1	μg	19	3	2.487	17	24	2.0	8.63	30.036	1	Analytical or derived from analytical	--	05/2007
Vitamin A, IU	IU	168	3	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2007

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Lycopene ¹	µg	0	3	0.000	0	0	2.0	--	--	1	Analytical or derived from analytical	--	05/2007
Lutein + zeaxanthin ¹	µg	347	3	27.224	293	383	2.0	229.531	463.802	1	Analytical or derived from analytical	--	05/2007
Vitamin E (alpha-tocopherol) ¹	mg	0.35	3	0.032	0.29	0.39	2.0	0.216	0.49	1	Analytical or derived from analytical	--	05/2007
Tocopherol, beta ¹	mg	0.03	3	0.006	0.02	0.04	2.0	0.005	0.055	1	Analytical or derived from analytical	--	05/2007
Tocopherol, gamma ¹	mg	1.06	3	0.202	0.66	1.29	2.0	0.193	1.933	1	Analytical or derived from analytical	--	05/2007
Tocopherol, delta ¹	mg	0.09	3	0.024	0.06	0.14	2.0	-0.01	0.197	1	Analytical or derived from analytical	--	05/2007
Vitamin K (phylloquinone) ¹	µg	21.1	3	3.112	17.7	27.3	2.0	7.729	34.513	1	Analytical or derived from analytical	--	05/2007

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program, Wave 9j, 2005 Beltsville MD

Footnotes

^a Includes only 5-methyltetrahydrofolate.